Vegetable Soup for 100

Makes: 100 servings

Prep Time: 1 hour 30 minutes

Cook Time: 1 hour or more

Ingredients:

- **5 tbsp** olive oil (optional)
- **2-3 cloves** garlic, diced
- **1-2 onions** chopped
- **1 tbsp** thyme
- **1 tbsp** basil
- **1 tbsp** oregano
- **1 tbsp** tarragon
- **12 cups** water
- **1 tbsp** sea salt (optional)
- **2 tsp** black pepper
- **1** bay leaf
- **1 lb.** potatoes
- **2** tomatoes
- **1 lb** zucchini
- **2-3 stalks** celery
- **1 lb** carrots

Other Options:

- **¼ cup** cooked macaroni
- **¼ cup** cooked chick-peas
- **¼ cup** peas
- *... or almost any other vegetable*

Equipment:

- **30 L** soup pot

This is a great soup to make with the produce you have left over from your regular Food Not Bombs meal. Follow the same directions you would use if making vegetable soup for 100 people.

Facebook Twitter Instagram GoFundMe Email Mastodon

This website is developed and maintained by people living in amiskwaciwâskahikan. You can read our full land acknowledgement here.
The code for this website is hosted on github and is licensed under Creative Commons Zero v1.0 Universal.
If you'd like us to delegate DNS for YourGroup.foodnotbombs.us to you, contact Jay Hannah of FNB Omaha. Currently YourGroup is being redirected to the global homepage.